

2012 NATIONAL NURSING HOME WEEK CONTEST WINNERS

Creative Forecasting is pleased to announce the winners of our 19th Annual National Nursing Home Week Contest. Their activities are in the May 2012 issue of Creative Forecasting on pages 14 - 15.

WINNERS

*12 OR LESS GAME – Cindy Lavery, Palmyra Nursing Home, Palmyra, PA

*LOVE LETTERS – Amy K. McGilvrey, Paris Healthcare Center, Paris, IL

*ROCKING '50S WEEK – Tina Shaver, Exalted Health and Rehab of Iva, Iva, SC

*YOU CAN GO HOME AGAIN – Andrea Stockton-Barton, The Arbor of BayWoods of Annapolis, Annapolis, MD

*CAMELOT – Katie Chambers, Mother Margaret Hall – Sisters of Charity, Mt. St. Joseph, OH

*RED FRIDAY – Tina Senecal, Blackstone Nursing and Rehab, Blackstone, MA

Each of these winners received \$50.00... Congratulations!

19th Annual National Nursing Home Week Contest

NATIONAL NURSING HOME WEEK®

May 13 - 19, 2012

“Celebrating the Journey”

We are excited to present the winners of *Creative Forecasting's* Annual National Nursing Home Week Contest. Thanks to all the subscribers who sent entries! These winning entries can be adapted for all settings.

The sponsor of National Nursing Home Week® is the American Health Care Association (AHCA). The week was created in 1967 and always begins on Mother's Day.

The 2012 theme is “Celebrating the Journey.” This year's theme “reminds us that every life should be honored, every life's story needs to be told and that every day, we have the chance to begin writing a new chapter. Whether the day is filled with comedy or drama, nursing home residents and caregivers are co-authors and lead characters in each other's life story. Today is about living life to the fullest, irrespective of age, infirmity or disability. There is no fixed formula to follow or guide the process, just the quiet routines of daily caregiving, meals, activities and, let's hope, visits from family and friends who bring the joy that comes from the heart of a loved one. Our goal in *Celebrating the Journey* is for you, the resident, to feel satisfied at the end of each day that staff cared for you and about you – not just as a patient, but as a person with stories to tell and new chapters yet to write. That's because tomorrow the journey begins anew. We journey together, me and you.” Visit www.nnhw.org for more information and www.facebook.com/nursinghome week. AHCA member facilities should have received the product catalog and planning guide by mail in February. For non-members, the product catalog and planning guide can be downloaded free of charge from www.nnhw.org.



WINNERS

■ 12 OR LESS GAME

*Cindy Laverty, Activity Director,
Palmyra Nursing Home, Palmyra, PA*

Here are the directions for the 12 or Less Game that I first played in an assisted living dementia unit, but it has been a hit wherever I've worked.

Needed Items:

- dry erase board
- dry erase marker(s)
- die numbered 1 - 12

Object: To be the first player to roll all 12 numbers

How to Play: Have players seated in a circle. The leader writes the players' names on the board with the numbers 1 - 12 next to each name. Each player takes a turn rolling the die. Erase the number next to the player's name that he or she rolls. The player who rolls all 12 numbers first wins. At Palmyra Nursing Home, we play until everyone rolls all 12 numbers, and we write what place each person comes in (i.e., first, second, third) next to the name.

This game has been a success in socialization, exercise, fun, laughter, and our residents with dementia and the other residents play together for at least one hour.

■ LOVE LETTERS

*Amy K. McGilvrey, Life Enrichment Director,
Paris Healthcare Center, Paris, IL*

We run a very special program called Love Letters. We provide postcards and stamps for our residents and assist them in writing to family and friends. The residents are encouraged to write the cards themselves to provide cherished mementos for their loved ones. Our residents and their families consistently tell us how meaningful to them this project has become.


Our Marketing Director designed and developed the postcard. We supply each resident with two postcards and stamps. They may write additional cards having only to pay the postage.

This is an inexpensive marketing tool and an effective communication tool and empowers our residents in a very special way. The added bonus is the privilege of bearing witness to the private emotions of our residents.

■ ROCKING '50S WEEK

*Tina Shaver, Activity Director,
Exalted Health and Rehab of Iva, Iva, SC*

We celebrated National Nursing Home Week in May 2011 with a Rocking '50s Week. Our residents and staff had a great time reminiscing about their lives in the 1950s decade. Here's how we celebrated:

Sunday We celebrated Mother's Day with a Rocking Mother's Day Social. We played '50s music and wore '50s-style clothing. 

Monday We had a Sock Hop and served ice cream sodas and popcorn. We also had a Staff Hula-Hoop Contest, and the residents had a great time laughing at the staff trying to keep the Hula-Hoop up.

Tuesday We had Diner Day. The kitchen staff made hamburgers, French fries, coleslaw, and milk shakes. We served the hamburgers and fries in baskets and played '50s music.

Wednesday Elvis was in the building for singing and dancing.

Thursday We had an Ice Cream Parlor Day. Some of the items on the menu were banana splits, ice cream sodas, malts, and ice cream cones.

Friday We had a Classic Car Show. The residents had a chance to look at all the cars and vote on their favorites. We presented first, second, and third place trophies to the winning car owners. When it got dark, it was time for Cruise-in Movie. We showed a movie in the courtyard, serving popcorn, candy, and sodas.

■ YOU CAN GO HOME AGAIN

*Andrea Stockton-Barton, Activity Coordinator,
The Arbor of BayWoods of Annapolis, Annapolis, MD*

A great way to expand reminiscing sessions is to utilize technology. Google Earth is a great site to use for this purpose. Prior to doing the activity titled You Can Go Home Again (a play on words from the saying, "You Can't Go Home Again"), I interviewed residents and sent letters to family members asking questions related to favorite places residents had lived and visited in the past. I suggested locations such as childhood and family homes, schools and colleges they attended, and vacation spots. A date was scheduled for the You Can Go Home Again activity. Using Google Earth, I was able to focus on areas and locations that residents remembered as some of their favorite places. Residents enjoyed seeing the towns where they grew up, and participants pointed out places they recognized. We focused on one college that a resident had attended, and he was able to point out where he lived on campus. This is a wonderful way to bring back visual memories while encouraging social interaction.

■ CAMELOT

*Katie Chambers, ADC, Director of Activities and Resident Services, Mother Margaret Hall - Sisters of Charity,
Mt. St. Joseph, OH*

Our National Nursing Home Week theme in 2011 was Camelot. We decorated the community room as a castle with brick wallpaper and ivy, and of course, we had a knight in shining armor. There'd be no Camelot without one. In preparation for the theme of Camelot, three college students volunteered to make each sister a headpiece made of garland and curly ribbon. These were worn all week.

Monday The theme was the Mystics. Mysticism is the pursuit of communion and awareness with God through direct experience and insight. We began with a Prayer Service in the community room. We also played Five Finger Bingo. It's bingo with a twist. Instead of having a bingo card, each sister had five words or phrases relating to Camelot (i.e., King Arthur, roundtable, shining armor) printed on pieces of paper. Instead of calling numbers, we called out Camelot-related words or phrases one at a time. If any of the sisters had the word, she covered it with her finger. Someone had bingo once all five words in front of her were covered with fingers.

Tuesday The week before National Nursing Home Week, we distributed cardboard shields to each floor and each department. The residents decorated them however they wanted. We had a Presentation of the Shields when sisters or staff members from each floor and department presented their shields and talked about why they were decorated the way they were. In the afternoon, the Parade of the Shields took place. At the end of the procession, the shields were judged, based on creativity and originality. We held a Ye Olde Fair and played games such as penny 'n the pot, poker, and blackjack and served refreshments.

Wednesday We held our annual Volunteer Luncheon which is an event that we schedule during National Nursing Home Week. Our theme was Volunteers Wrap Us in Love. We had a Quilt Display around the room, and each table had a small quilt that was raffled off.

Thursday In the evening, a group performed a mini-version of *Camelot* and sang songs associated with the musical.

Friday We concluded the week with a day of raffles, split the pot, and horseracing.

■ RED FRIDAY

*Tina Senecal, Activity Director,
Blackstone Nursing and Rehab, Blackstone, MA*

On the Friday of National Nursing Home Week in 2011, staff and residents participated in Red Friday. I found information about this on Facebook. This is a day that thousands of red-blooded Americans wear red to show support to our troops, near and far.

Our staff and residents wore red. At the start of the day, patriotic music played as we passed out red beads for people to wear. We also placed red star mylar balloons all over the facility. Our residents that served in the service were given red, white, and blue ribbons to wear. We also had a patriotic-themed lunch. It was a big hit in our home. **CF**

